

Utah Cancer Control Program Presents:

Mammograms
Clinical Breast Exams
Self Breast Examination

What Is Cancer?

- A large group of diseases that are characterized by uncontrolled growth and spread
- Well over 100 different kinds of cancer exist - each one requiring different understanding and treatment
- We are still learning what causes cancer

Excuses

- “Not me!”
- “Why should I be worried about cancer and cancer screening?”
- “No one in my family has ever had cancer... of any kind.”
- “I’m way too young to worry about cancer.”

Myth & Facts

- MYTH - I won't get breast cancer because no one in my family has ever had this disease
- FACT - only about 1 in 10 breast cancer cases involves an inherited altered gene
- FACT - having an altered gene does not mean you WILL get breast cancer because genes are not the only factor that affect cancer risk
- Only 5-10% of breast cancer cases are due to heredity

True or False

- All breast lumps are cancerous
- A woman with lumpy breasts is at high risk of developing breast cancer
- The best place to do a breast self-examination (BSE) is in the shower
- Antiperspirants or antiperspirants/deodorant combinations are a leading cause of breast cancer
- Mammograms give you breast cancer.

Who Gets Cancer?

- Anyone can. It has no age, race, gender or socioeconomic barriers

1 In 8

- 30 to age 40 1 out of 257
- 40 to age 50 1 out of 67
- 50 to age 60 1 out of 36
- 60 to age 70 1 out of 28
- 70 to age 80 1 out of 24
- Ever 1 out of 8

Breast Cancer

- In 2003, it is estimated that 211,300 women will be diagnosed with breast cancer (one every 3 minutes) and 39,800 women will die of breast cancer (one every 13 minutes)
- Additionally, 1,300 men will develop breast cancer, and 400 will die

Breast Cancer In Utah

- Incidence rates of breast cancer have increased over time
- Mortality rates have remained relatively stable
- In 1993-1997, Utah had the second lowest breast cancer mortality rate in the U.S

Breast Cancer Data

- In 2003, it is estimated that 1,100 women will be diagnosed with breast cancer in Utah
- Additionally, 200 women will die of the disease
- Breast cancer is the number one cancer killer of women in Utah

Breast Cancer

- Most women who are diagnosed with breast cancer survive the disease. If detected early, breast cancer patients have a five-year survival rate of over 97%

Breast Cancer Risk Factors

- Female
- Over age 40
- Personal or family history of breast cancer
- Early age of menarche
- Late age at menopause
- Never had children or
- Had first child at age 30 or older

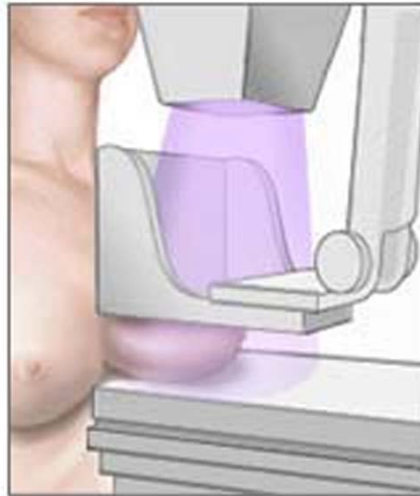
Breast Cancer - Other Risk Factors

- Women who have had breast biopsies that show certain benign changes in breast tissues such as atypical hyperplasia. (Pathologist has seen too many cells and some have abnormal appearance.)
- Women who have diets high in fats may be at increased risk
- Women who drink alcohol may also be at increased risk

Want A Good Outcome?

- Think early detection!
- Using early detection procedures decrease death rates from breast cancer by 90%

The Three Pronged Approach



All breast lumps should be checked 3 ways:
by self-exam, by health care provider exam
and by mammography

 ADAM.

- Breast self examination (BSE)
- Clinical breast exam (CBE)
- Mammography

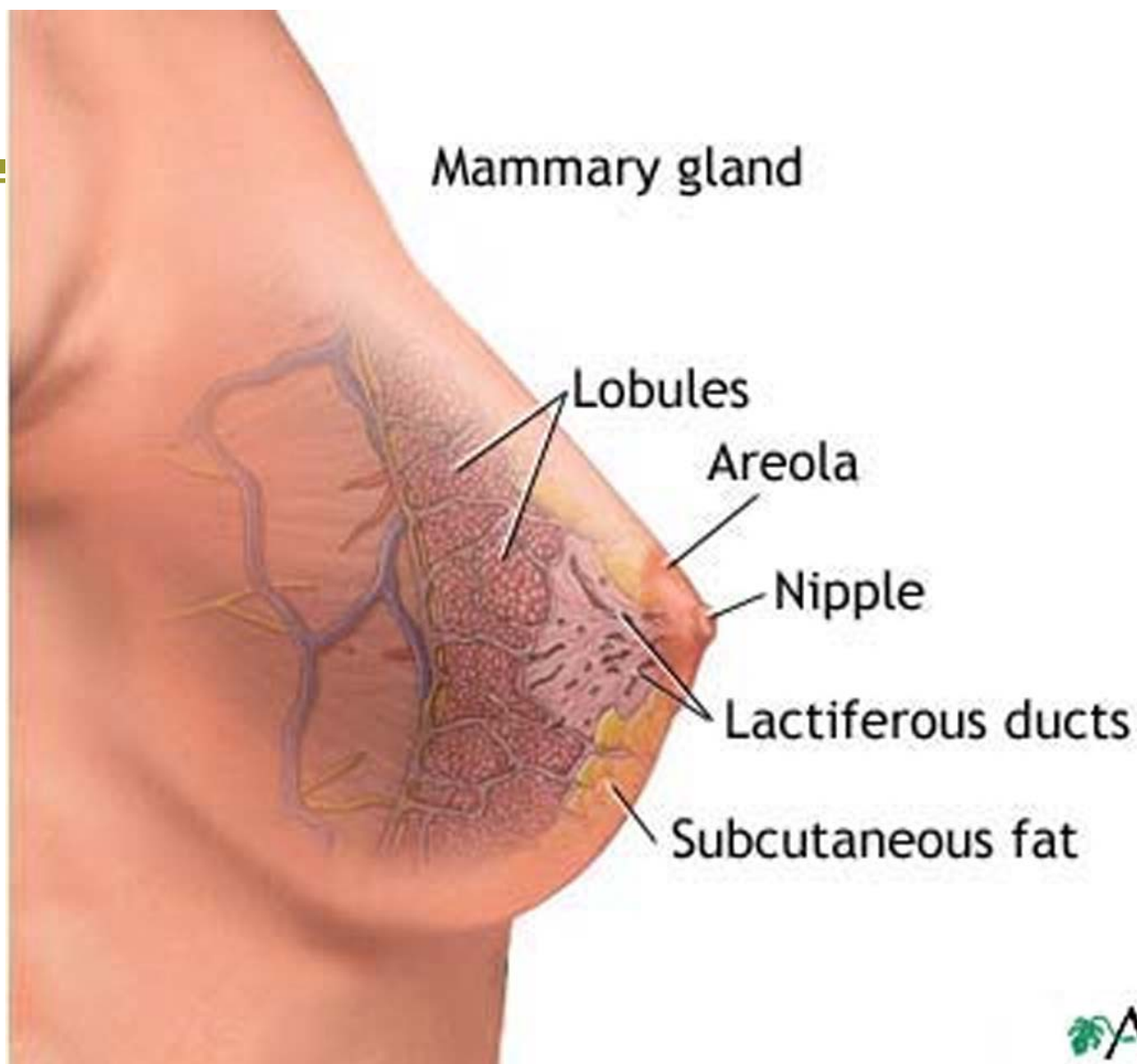
Breast Self Examination (BSE)

- Breast self examination is important for all women
- For younger women, it is an essential component for early detection techniques to be effective

Three Finger Technique



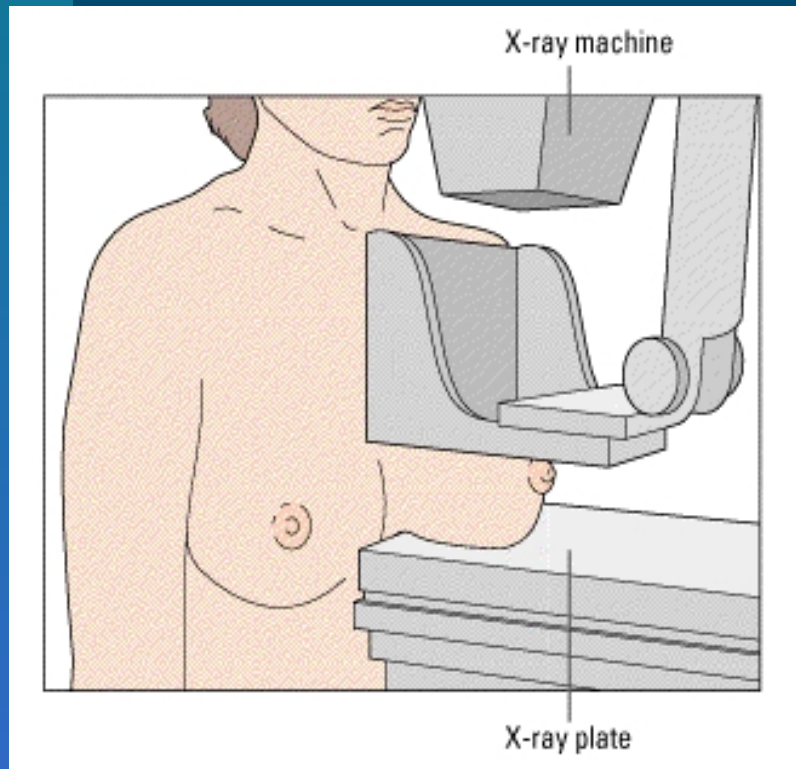
- Use the circular, line, or wedge pattern in examining your breasts...just be consistent
- Use the pads of your fingers when examining your breasts



Performing Breast Self Examination

- Women should be doing BSE 7 to 10 days after the first day of their periods
- If no longer menstruating, choose one day of the month and perform it on the same day each month
- Nursing mothers should be performing BSE just after feeding the baby or expressing milk from the breast

Mammography



- A mammogram is usually performed with the patient standing
- The breast tissue is compressed and x-rays are taken from different angles

Early Detection Saves Lives

- Mammography can detect 80-90 percent of tumors up to two years before they can be felt

Early Detection

- The 5 year survival rate for localized breast cancer has increased-
 - From 72% in the 1940's
 - To 97% today

Younger Women & Mammography

- Younger women generally have more dense breast tissue than older women. Mammography may not always be as effective for young women because the x-ray cannot penetrate the density of the tissue

Normal Variations in the Breast

- Size
- Texture - variable amounts of fibrous, glandular, and adipose tissue.
Fibrocystic changes are normal
- Nipple appearance - flat, erect, inverted, small/large
 - Each of these variations will change with age, menstrual cycle, pregnancy and lactation

Breast Cancer Signs & Symptoms

Look for Breast Changes that *Persist*:

- Lump
- Retraction
- Scaliness
- Tenderness
- Thickening
- Dimpling
- Skin irritation
- Nipple discharge
- Swelling
- Distortion
- Pain

Lumps & Thickenings

- Remember:

- Most breast lumps or thickenings are not cancer - but every change should be evaluated promptly!!

Breast Cancer Screening Guidelines

- Age 20+ - clinical breast exam every 3 years, breast self examination every month
- Age 35 - a baseline mammogram is suggested for comparison in future
- Age 40+ - mammogram every year, clinical breast exam every year, breast self examination monthly

Screening Clinics

- Low-cost or no cost cancer screening services are available for women who qualify
- Qualifying is simple - it is done over the telephone
- To find out more information about cancer screening program guidelines call 1-800-717-1811

Services For Eligible Women Include:

- A voucher for a free mammogram (value \$60 - \$180)
- Clinical breast exam
- Breast self exam instruction
- Pap test
- Pelvic exam

Challenge

- Talk to ONE other women about the information you have gained today

Take Care Of Your Health

Any Questions About the Services the
Utah Cancer Control Program

Provides:

Please Call

1-800-717-1811